



# *COMMONWEALTH of VIRGINIA*

## *Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

[Click Here to go to the Virginia Department for the Aging Home Page](#)

### **TABLE OF CONTENTS AAA TUESDAY E-MAILING February 14, 2006**

<b>SUBJECT</b>	<b>VDA ID NUMBER</b>
<a href="#"><u>Department of Social Services Caregiver Grant</u></a> (Ellen Nau)	<b>06-59</b>
<a href="#"><u>Shelf Stable Meal Vendor</u></a> (Elaine Smith)	<b>06-60</b>
<a href="#"><u>Grant Opportunity-Faith and Service Technical Education Network</u></a> <a href="#"><u>Application Deadline March 1</u></a> (Elaine Smith)	<b>06-61</b>
<a href="#"><u>National Family Caregiver Support Program</u></a> (Ellen Nau)	<b>06-62</b>
<a href="#"><u>6th Annual Spring Workshop - Congregate Meal Site, Senior Center</u></a> <a href="#"><u>Staff, Home Delivered Meals Drivers, and Others</u></a> (Elaine Smith)	<b>06-63</b>

Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229

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*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau

**DATE:** February 14, 2006

**SUBJECT:** Department of Social Services Caregiver Grant

Applications are now being accepted for a caregiver grant of up to \$500 from the Virginia Department of Social Services. Applications are available at [http://www.dss.virginia.gov/files/division/dfs/as/virginia\\_caregivers\\_grant/application.pdf](http://www.dss.virginia.gov/files/division/dfs/as/virginia_caregivers_grant/application.pdf)

Authorized by Senate Bill 910 (1999), the grant provides assistance to a caregiver who provides assistance to a relative with mental or physical impairment. This year's payment will be paid on or before December 31, 2006 **if funds are appropriated by the General Assembly**. This application is for care that was given to a relative in 2005. To be considered, applications must be submitted between February 1 and May 1 2006. Applications postmarked prior to February 1, 2006 and after May 1, 2006 will not be considered.

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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 14, 2006

**SUBJECT:** Shelf Stable Meal Vendor

You may receive a contact from CPI Foods, Inc. of Dallas, Texas. VDA is not endorsing this company in any way but merely passing the information along for your review and comparison with whatever you might presently be doing with shelf stable meals.

CPI currently offers shelf stable meals to Senior Nutrition Programs throughout the United States and is working with another foodservice company to develop a market for frozen meals in the near future.

They offer single and multi-meal pack boxes and special menus including Diabetic, Low Sodium, Breakfast, Kosher, and No-Prep (for Hurricanes and Emergencies). Competitive prices and excellent service are also touted.

CPI advertises that they provide a variety of menus that are nutritionally sound, meeting 1/3 of RDA. I expressed my concern to the representative that the nutrition analyses provided were not up-to-date with the DRIs and no analyses were provided for the special menus. I provided him with information on the DRIs and the 2005 Dietary Guidelines as well as the nutrition requirements for our Older American Nutrition Program Meals and he said they would update the nutrition information.

Also, the sodium content of the shelf stable meals is high. However, high sodium content seems to be a fact of life with most shelf stable meals. Hopefully, food

Shelf Stable Meal Vendor  
February 14, 2006  
Page 2 of 2

manufacturers will soon get on the bandwagon with reasonably priced lower sodium products.

More information is available at  
CPI Foods, Inc  
4744 Gretna  
Dallas, Texas 75207  
Toll-free: 1-800-549-9630  
Fax: 214-634-9560  
[www.cpifoods.com](http://www.cpifoods.com)  
[jameshairston@sbcglobal.net](mailto:jameshairston@sbcglobal.net)

Please feel free to contact me at 804-662-9319 or [Elaine.Smith@vda.virginia.gov](mailto:Elaine.Smith@vda.virginia.gov) if you have questions or comments.

**COMMONWEALTH of VIRGINIA**  
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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 14, 2006

**SUBJECT:** Grant Opportunity-Faith and Service Technical Education Network  
Application Deadline March 1

I apologize that the grant opportunity from the Retirement Research Foundation that I sent out in last week's Tuesday Mailing is not available to organizations in VA. Thank you for the alert from the observant people in the network who discovered this information while exploring the opportunity.

The following is another opportunity for your prompt consideration if you are partnering with Faith Based Organizations (FBOs) in Virginia (and nine other states). Your partner FBO would have to apply (deadline March 1) and include your organization in the application.

Detailed information is available at this link on FASTEN (the Faith and Service Technical Education Network, a project of the Pew Charitable Trusts):  
[http://www.fastennetwork.org/display.asp?Page=2006\\_INFO](http://www.fastennetwork.org/display.asp?Page=2006_INFO)

The "Partners in Transformation" grants competition is open to Virginia FBOs that are partnering with organizations outside the faith community (e.g., schools, government agencies, secular nonprofits) in any of the following program service areas:

1. Emergency disaster response/relief
2. Long-term community recovery efforts
3. Services to persistent poverty neighborhoods ("deep pockets of poverty")

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Grant Opportunity-Faith and Service Technical Education Network

Application Deadline March 1

February 14, 2006

Page 2 of 2

\$18,000 in grants will be awarded in each of these three categories. **The application deadline is March 1**; you can apply on-line through FASTEN ([www.FASTENnetwork.org](http://www.FASTENnetwork.org)) or by mail.

If you have questions, please feel free to call the FASTEN editorial offices at 434-293-5656 or consult the FAQ document on the FASTEN website:  
[http://www.fastennetwork.org/Display.asp?Page=2006\\_FAQ](http://www.fastennetwork.org/Display.asp?Page=2006_FAQ)

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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** February 14, 2006

**SUBJECT:** National Family Caregiver Support Program

**Caregiver Information**

**Grant – Older Adults – The Retirement Research Foundation**

Ted Susac, Member of the Virginia Caregiver Coalition, reports that the foundation has an interest in funding projects that:

- Improve services and care for the elderly
- Seek answers to diseases prevalent in the older population
- Educate policymakers about the needs and capacities of America's seniors
- Attract and train skilled professionals to serve older adults
- Expand employment and volunteer opportunities for older persons
- Identify and address concerns of older Americans

Deadline for applications are May 1 and August 1 2006. For further information about the grants review the information at the organization's website [www.rrf.org](http://www.rrf.org). Note that some projects are limited to specific geographic areas in the United States.

**The Fairfax Caregiver Seminar Consortium** will announce its spring 2006 presentations after February 14. Information will be available on Fairfax County's website at [www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa). Consortium members include the Alzheimer's Association, Alzheimer's Family Day Center, Thomas West Financial Services and the

National Family Caregiver Support Program  
February 14, 2006  
Page 2 of 3

Fairfax County Departments of Family Services, Community and Recreation Services and Health as well as the Fairfax County Public Library and Area Agency on Aging.  
Contact: Betsy Pugin: 703-324-5411

**Mountain Empire Older Citizens, Inc.** caregiver support group members will enjoy small tokens of appreciation as February meetings will have the theme of "We Love Our Caregivers." Contact:: Julia Trivett 276-523-4202

**District Three Senior Services** is having a Medicare Part D Enrollment Conference at the First Church of God in Chilhowie, VA on February 14, 2006. Contact: Libby Davis 276-783-3003

**Senior Connections, The Capital Area Agency on Aging's** caregiver coalition group continues their successful "Workplace Partners for Eldercare" project. The group has made great strides in working with local employers to address the issues facing employed caregivers. In addition to providing one-to-one consultations to employee caregivers by phone, email and in-person, Senior Connections has provided products and services to company Health Fairs, brown bag lunches and Retirement Planning Seminars. Contact: Gale Davis 804-343-3000

Bon Secours Hospital Systems and The Woman's Missionary Union of invite you to participate in the **10<sup>th</sup> Annual Virginia Faith Community Health Ministry Retreat** (Formerly Virginia Parish Nurse Retreat) April 28-30, 2006 at the Crown Plaza Hotel in Richmond, Virginia. Registration Fee of \$145 applies for attendees registering prior to April 18. After April 18, the fee is \$175. For More Information or Questions Call or E-Mail:  
Kathleen Fogerty (804) 281-8095  
[kathleen\\_fogerty@bshsi.com](mailto:kathleen_fogerty@bshsi.com)

### **Kinship Care Information**

**Voices for Virginia's Children** announced that Senate Bill 48 that makes placement with a relative the first priority for foster care placement and states that kin are subject to the same requirements and benefits as other foster care parents has passed the Senate of the General Assembly and is now communicated to the House for consideration.  
<http://www.vakids.org/>



The Kinship Care Coalition of **Senior Connections, The Capital Area Agency on Aging** continues to work with the school and housing authority at one of Richmond's high-risk apartment communities where many grandparents are raising children. One of the residents shared with Senior Connections that a 7 year-old child selling drugs approached her on the street. Senior Connections is partnering with DSS, Family Stabilization and a Violence Prevention Program to offer a half- day awareness and advocacy Seminar to help these families and communities with intervention strategies and resources. Contact: Gale Davis 804-434-3000

**Mountain Empire Older Citizens, Inc.** kinship care activities include a potluck luncheon on February 21 for kinship caregivers. The luncheon will feature a nutritionist; massage therapist and yoga instructor to give caregivers tips on reducing stress. Four kinship caregiver support groups have meetings scheduled for February 2006 and a Kinship Art group will be making Valentines. Contact: Carol Moore 276-523-4208  
**Fairfax County Area Agency on Aging** continues to sponsor two kinship caregiver support groups. The County recently was the location of a VISSTA training on kinship care issues. Contact: Betsy Pugin 703-324-5411.

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**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** February 14, 2006

**SUBJECT:** **6<sup>th</sup> Annual Spring Workshop - Congregate Meal Site, Senior Center Staff, Home Delivered Meals Drivers, and Others**

This is the sixth year for VDA to sponsor training workshops for AAA congregate meal site and senior center staff, home delivered meals drivers and others in cooperation with Piedmont Geriatric Institute in Burkeville. Contractors are also welcome. This year **Getting Older: What You Should Know About It** will be presented. A meeting with me and time to share with other AAA staff will follow the workshop and end at 4:00 p.m.

The same program will be repeated on each of three days: Tuesday, April 11, Wednesday, April 19 and Thursday, April 27, 2006. Participants should attend **one** session.

Please find enclosed:

- Information sheet
- Registration form
- Flyer

*The deadline to register for all sessions is March 29, 2006.* Space is limited to 30 people per session. Sessions will be combined or cancelled if the minimum enrollment of 20 per session is not met. The cost is \$20.00 per person and includes instruction, lunch, refreshments, and certificate. Piedmont Geriatric Institute handles registration and payment. Please contact me with any questions at (804) 662-9319 or [Elaine.Smith@vda.virginia.gov](mailto:Elaine.Smith@vda.virginia.gov). Thank you.

6<sup>th</sup> Annual Spring Workshop for AAA Congregate Site Managers, Senior Center Staff,  
Home Delivered Meals Drivers & Others  
**Getting Older: What You Should Know About It**

Tuesday, April 11, 2006 or Wednesday, April 19, 2006 or Thursday, April 27, 2006 (Attend one)  
Workshop: 10:00 a.m. – 2:30 p.m. with 30 min. lunch  
AAA meeting: 2:45 – 4:00 p.m.  
Piedmont Geriatric Hospital (Building 29, Room G5) in Burkeville

**Getting Older: What You Should Know About It:** Whether you are working with older persons or you are an older person yourself, you increasingly deal with older persons who live, work, and play in your community. When interactions take a different course from what you are expecting, you may ask yourself whether it is the age of the person or something else. Or, you may be wondering if what you are experiencing is normal or cause for concern.

This workshop is designed to give you a basic overview of normal aging. The three domains of physical, psychological and social aging will be covered. Participants will be actively involved and have opportunities to practice the learned skills.

**Location:** Piedmont Geriatric Hospital - Building 29 - Room G5, (434) 767-4521, near the convergence of Routes 360 & Routes 460 in Burkeville; signs are posted. 18 miles east of Farmville, 100 miles east of Danville, 55 miles west of Richmond, 130 miles west of Norfolk.

**Cost:** \$20 per person includes instruction, lunch, refreshments, & Certificate of Completion. Non-refundable payment is made directly to Piedmont Geriatric Institute.

**Registration Options:** Register directly with Piedmont Geriatric Institute

- Mail registration form & check to Piedmont Geriatric Institute, P.O. Box 427, Burkeville, VA, 23922-0427 or
- Call registration in to Christy Ballou (Piedmont Geriatric Institute) at 434-767-4521 or
- Fax registration to Piedmont Geriatric Institute at 434-767-4947 or
- Email registration information to [christy.ballou@pgh.dmhmrzas.virginia.gov](mailto:christy.ballou@pgh.dmhmrzas.virginia.gov)

**Registration deadline for all sessions is March 29, 2006.** Space is limited (30 per session) so register early. Sessions will be combined or cancelled if the minimum enrollment of 20 per session is not met. If you register & do not receive a confirmation letter 5 days before the workshop, confirm enrollment by calling Christy Ballou at 434-767-4521.

**Dress:** Casual and comfortable.

**Guest Rooms: Comfort Inn, Burkeville.** Call the Comfort Inn directly at (434) 767-3750. Ask for the state rate when making your reservation. Motel is located at 419 North Agnew Street, Burkeville, at intersection of Route 460 & North Agnew Street. Driving West on Route 460, the hotel is after the hospital. Driving East on Route 460, the hotel is before the hospital.

<p align="center"><b>REGISTRATION FORM</b></p> <p align="center">6<sup>th</sup> Annual Spring Workshop for AAA Congregate Site Managers, Senior Center Staff, Home Delivered Meals Drivers &amp; Others</p> <p align="center"><b>Getting Older: What You Should Know About It</b></p>
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Registration deadline is March 29, 2006

**Address** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Registration deadline for either session is March 29, 2006.** Space is limited (30 per session) so register early! Sessions will be combined or cancelled if the minimum enrollment of 20 per session is not met. If you register & do not receive a confirmation letter 5 days before the workshop, confirm enrollment by calling 434-767-4521.

**Make checks payable to PGI. Cost is \$20.00 per person and is non-refundable.**

# AAA Nutrition Staff Training

## Congregate Site Managers, Senior Center Staff, Home Delivered Meals Drivers & Others

### Getting Older: What You Should Know About It



Tuesday, April 11 or Wednesday, April 19 or Thursday, April 27, 2006

10:00 a.m. – 4:00 p.m.

Piedmont Geriatric Hospital, Burkeville

Registration deadline is March 29th

The same program will be offered all three days.

Space is limited so register early!

**Getting Older: What You Should Know About It** will be presented by Brigitte Pennington, MS, Director of Piedmont Geriatric Institute. An afternoon meeting with other AAA nutrition staff will follow from 2:45 p.m. until 4:00 p.m.

\$20/person includes morning coffee, lunch, handouts, & certificate

Call Elaine Smith, VDA Program Coordinator at (804) 662-9319 with questions

Sponsored by



Mail your registration directly to Piedmont Geriatric Institute P.O. Box 427, Burkeville, VA, 23922-0427 or call your registration to Christy Ballou (PGI) at 434-767-4521 or fax your registration to PGI at 434-767-4947 or email [christy.ballou@pgh.dmhmrzas.virginia.gov](mailto:christy.ballou@pgh.dmhmrzas.virginia.gov)